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EDUCATIONAL

IN CHARGE OF
ISABEL HAMPTON ROBB

SUBJECTS SELECTED BY THE COMMITTEE ON COURSE OF STUDY

FRANCES A. STONE, CHAIRMAN

I.

PARLIAMENTARY LAW.

The committee would urge upon all alumnae associations not having made a study of this subject the necessity of doing so this year, if only two or three lessons, teaching first principles of properly conducting and actively attending meetings, conventions, etc.

II.

SOCIOLOGY.

First: Problems of public aid, charity, and correction.

Second: Causes of poverty, pauperism, and crime.

Third: Study and aim of philanthropy. Public and charitable aid.
Reformation. Neighborhood improvement.

(Lectures on this subject can be obtained from workers in public and charity organizations.)

III.

DISTRICT AND HOURLY NURSING.

History. Methods of conducting in large and small cities.

IV.

FOODS.

Composition.

Classification. Economic value.

Preparation.

The general relation of foods to special diseases.

V.

THE KITCHEN.

Position, size, furnishing, and utensils.

VI.

LAUNDRY.

Position and entire equipment. Making of starch and bluing. Soaps. Washing, rinsing, drying, ironing, and bleaching. Benefits of fresh air and sunlight.

The subjects for study this year differ somewhat from those of last year or any course previously given. The topics have all been chosen with direct reference to filling special requests, or emanated from a knowledge of the needs of nurses in general.

It is not all hospitals that can offer a complete course in invalid cooking. While the diet kitchen is, with many, an established reality, with others it is still a much-felt want. No amount of theoretical teaching can remain with a nurse, or in any way take the place of the actual practical experience, to be obtained in a complete, well-conducted diet kitchen. Nurses are constantly deploring their lack of knowledge in this branch of their work.

As the graduate of to-day is called upon to fill almost every position, it is becoming a necessity that more than the actual care of the sick be embraced in her school training or be made obtainable elsewhere.

This refers especially to those called to fill the position of superintendent of hospitals or other institutions.

How constantly does such a nurse have to appeal to the superintendent of the hospital or school from which she graduated for information on such subjects as are contained in Sections V. and VI.

The kitchen, the laundry, and plumbing are three problems that confront each one immediately upon undertaking the duties of superintendent.

Requests have come from some not to confine the course of study to nursing subjects alone, the complaint being that nurses' lives become narrow and warped. They need relaxation, an awakening to a realization of the fact that other and interesting things are going on around them, and that it is not necessary they should be cut off from the absorbing problems of the day.

So many suggestions have been received, it is very difficult to make a selection.

As it is considered wise to limit the period of study to three or four months, the course selected is very initial. Out of it we hope to see grow a more complete system for next year and a stronger interest in the course established for the graduate nurse wanting institutional work,

and now in its second year at Teachers' College, Columbia University, New York City.

The committee would suggest that, when practicable, a social element be introduced by a combination of local associations alternating in holding their meetings at the various hospitals, homes, or club-houses. When the latter, an outline of organization and general management should be given, the club-house being an interesting subject to every graduate engaged in private nursing, as it already is, or she hopes to make it at some future day, her home.

The number of meetings to be held and the hours selected for holding them must be left to the discretion of each association.

"A WELL-BRED carriage is difficult to imitate, for in strictness it is negative, and it implies a long-continued previous training. You are not required to exhibit in your manner anything that specially betokens dignity, for by this means you are like to run into formality and haughtiness; you are rather to avoid whatever is undignified and vulgar.

"You are never to forget yourself; are to keep a constant watch upon yourself and others; to forgive nothing that is faulty in your own conduct; in that of others, neither to forgive too little nor too much.

"Nothing must appear to touch you, nothing to agitate: you must never overhaste yourself, must ever keep yourself composed, retaining still an outward calmness, whatever storms may rage within. The noble character at certain moments may resign himself to his emotions; the well-bred, never. The latter is like a man dressed out in fair and spotless clothes: he will not lean on anything, every person will beware of rubbing on him. He distinguishes himself from others, yet he may not stand apart; for as in all arts, so in this, the hardest must at length be done with ease: the well-bred man of rank, in spite of every separation, always seems united with the people round him; he is never to be stiff or uncomplying; he is always to appear the first, and never to insist on so appearing.

"It is clear, then, that to seem well-bred, a man must actually be so. It is also clear why women generally are more expert at taking up the air of breeding than the other sex; why courtiers and soldiers catch it more easily than other men."—GOETHE.